

## **ABSTRACT**

There are disclosed compositions comprising guggul and at least one of 1, 3:1, 4 -  
beta - glucan or a beta-sitosterol-containing sterol mixture. The compositions are  
5 preferably suitable for reducing cholesterol level. Also disclosed are food and beverage  
compositions comprising the guggul-containing compositions, that are preferably suitable  
for reducing cholesterol level. There is also disclosed a method for reducing cholesterol  
level comprising administering to a human or animal, an effective amount of the guggul-  
containing compositions, or a food or beverage composition that comprises the guggul-  
10 containing compositions.